



# Newslines

The Newsletter of the Cambridge Council on Aging

806 Massachusetts Ave., Cambridge, MA 02139

Office: (617) 349-6220 Senior Center: (617) 349-6060

North Cambridge Senior Center (617) 349-6320

APRIL 2006



## Taxi Discount Coupons

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Prescription Advantage will have an open enrollment in the Spring of 2006. Be on the Look-out.

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Our appreciation to the Executive Office of Elder Affairs for funds to support our Newslines publication.

The Cambridge Board of License Commissioners voted to increase the taxi rates, following a public comment period. Taxi fares will increase by approximately 13%. Taxi rates have not been increased since 2003. The Taxi rate increases are to make sure that taxi drivers are in line with the living wage.

In order to keep in line with the taxi rate increase, the City will also increase the value of the taxi discount coupons. Taxi discount coupons are issued to Cambridge residents 60 years of age or older and/or younger disabled residents. The value of each coupon will increase to a face value of \$2.25. When the new rates go into effect, riders will be able to use two coupons per one-way ride with a fare over \$6.50.

To receive the new coupons, drop by the Cambridge Council on Aging 806 Massachusetts Avenue or contact us at 617.349.6220. Disabled residents, under the age of 60, please contact the Cambridge Commission for Persons with Disabilities at 617.349.4692.

***PRESCRIPTION DRUG COVERAGE – WHAT WE KNOW TO DATE***

The Cambridge Council On Aging SHINE program can be reached at  
(617) 349-6220 weekdays 8:30 a.m. to 5:00 p.m. TTY (617) 349-6050

The State SHINE Office can be reached at 1(800) 243-4636 TTY 1(877) 610-0214

***ENROLLMENT  
REMINDERS***

➤ ***MEDICARE  
PART D***

➤ ***EXTRA HELP***

➤ ***PRESCRIPTION ADVANTAGE***

➤ ***ENROLLMENT ASSISTANCE***

**MEDICARE PART D**

INITIAL ENROLLMENT PERIOD ENDS  
MAY 15, 2006

Enrollment in a plan is easy. SHINE staff or Medicare staff can assist you in choosing a plan. All you need is your list of medications (name, dose, and frequency of use), information off your Medicare Card, and the name of your pharmacy to check if your pharmacy is on the plan list. If you cannot find your Medicare Card, contact Social Security and they can give you your claim number and benefit start dates.

**Enrollment Contacts**

Medicare – 1(800) 633-4227 TTY 1(877) 486-2048

[WWW.MEDICARE.GOV](http://WWW.MEDICARE.GOV)

Social Security – [WWW.SSA.GOV](http://WWW.SSA.GOV)

1(800) 772-1213 TTY 1(800) 325-0778

**SHINE – SEE ABOVE**

**EXTRA HELP** - ASSISTANCE WITH PAYING  
YOUR MEDICARE PART D PREMIUMS AND  
CO-PAYMENTS

Applications are available through Social Security (800) 772-1213, TTY (800) 325-0778, at the local office, 240 Elm Street, Somerville, MA 02144, or can be completed on the web site at

[WWW.SSA.GOV](http://WWW.SSA.GOV).

**PRESCRIPTION ADVANTAGE****2006 SPECIAL OPEN ENROLLMENT**

- ✓ MARCH 15, 2006, TO APRIL 28, 2006
- ✓ EFFECTIVE DATE: JULY 1, 2006
- ✓ APPLICATIONS & ELIGIBILITY ---Contact Prescription Advantage at 1 (800) 243-4636 TTY 1 (877) 610-0241. [www.mass.gov](http://www.mass.gov) key word Prescription Advantage. The COA will have a limited supply of applications.

**Who Is Eligible for the 2006 Open Enrollment?**

Anyone over age 65 who is enrolled in or who has applied for a Medicare Part D Drug Plan and not on MassHealth. Income guidelines:

Up to \$49,000 for a single person

Up to \$66,000 for a couple

Initial Enrollment is for those turning 65 in 2006, over 65 and recently lost health insurance, and over 65 and recently moved to Massachusetts. If under 65, enrollment is ongoing, however there are different eligibility and financial guidelines.

**How Will PA Work?** Prescription Advantage will work together with Medicare Part D prescription drug coverage that began on January 1, 2006. It is now a secondary payer providing FINANCIAL assistance supplementing Medicare Part D.

Depending upon your gross annual income Financial Assistance may include help paying:

- Towards the monthly Part D premium if enrolled in a Part D basic plan.
- To reduce Medication Co-payments
- Medication Co-payments if your Part D plan has a deductible or if you reach the Donut Hole.
- For medications not covered by Medicare – Benzodiazepines.
- Lower Out of Pocket Spending Limits.

**ENROLLMENT ASSISTANCE**

**APRIL 11, 2006 10:00 am to 1:00 pm**

Staff members from Prescription Advantage, Social Security and SHINE will be at the *Spring into Health fair at the Citywide Senior Center* to assist with questions. See *Newslines* for details.



## SPRING INTO HEALTH

Save the date! Tuesday April 11, the Citywide Senior Center together with the MGH Institute of Health Professions Graduate Program in Nursing and the Cambridge Health Alliance Senior Health Center will sponsor a "Spring into Health" Fair.

Whether you are just beginning to learn about healthy behaviors and screenings or have been actively involved in your health for a while, the Spring into Health Fair is a good opportunity to learn more. A wide variety of health topics will be featured along with community resources. Free health screenings including blood pressure, and gait and balance assessments will be available.

Come with any health questions you may have. Enjoy healthy snacks and other surprises!

### **Spring into Health Citywide Senior Center**

Thursday, April 11, 10-1p.m.

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### **Homeowner's Rehab**

### **Home Improvement Program**

Homeowner's Rehab, Inc. (HRI) is a non-profit organization that provides



housing services to Cambridge residents. Their goal is to encourage renovation of properties and improvement of neighborhoods for the benefit of residents with limited means. The majority of their work is done in North Cambridge, Area IV (the area bounded by Broadway, Prospect Street, Mass. Ave. and Vassar Street), and throughout mid-Cambridge.

### **ELIGIBILITY**

- Low to moderate income (1 person up to \$46,300 – 2 people up to \$52,950)
- The house must be owner occupied
- The applicant has owned the house for at least one year
- At least 50% of the floor area must be residential.

Various types of loans or grants are made along with hiring and coordinating for the work to be done. Application forms are available at the HRI office.

They are located at:

**280 Franklin Street  
Cambridge 02130  
617-868-4858**

HRI is federally funded through the City of Cambridge's Community Development Block Grant Program. Other funding for the program is made available through Cambridge Savings Bank, the Area 4 Coalition, the North Cambridge Stabilization Committee, the Cambridge Community Foundation, and Fleet Bank.



Good Food  
Good Health



**Bay State CAP  
(Combined Application Program)  
Food Stamps**

**Do you know that:**

- The average food stamp benefit in Massachusetts is **\$75**
- Elderly and disabled persons do not use food stamps as much as they could?
- There are **TWO** programs in Massachusetts that can assist you with purchasing groceries?

**BAY STATE CAP / SSI RECIPIENTS:  
(SUPPLEMENTAL SECURITY INCOME)**

Do you know that you may be eligible for food stamps through a new program called Bay State Cap just because you are eligible for SSI?

You May Be Eligible for Bay State CAP food assistance if you are :

- Eligible or potentially eligible for SSI
- At least 18 years old
- Living alone ( not with spouse or children)
- Not receiving earned income and
- Living with others but purchase and prepare meals for yourself.

**REGULAR FOOD STAMPS**

**Q:** I looked into food stamps and found out I would only get \$10/ month benefit. Why should I complete an application for food stamps?

**A:** “Shelter” and “Un-reimbursed” expenses may increase your food stamp benefits for persons with disabilities or age 60 years and older. Also, eligibility for food stamps makes you eligible for discounts on programs such as electricity, gas, and Verizon phone service.

**Shelter Costs include:**

- ✓ Monthly housing costs, not including utility bills of \$450 or more
- ✓ Heat, Air Conditioner use charge, or AC maintenance / installation fees not included in rent.

**\*Medical Costs include but not limited to  
Over \$35 per month of un-reimbursed bills**

- ✓ Basic Care – Medical, dental, mental health, physical therapy, hospitalization, outpatient care, home health and nursing care/
- ✓ Mileage ✓ Public Transit  
(Transportation to medical appointments)
- ✓ Acupuncture, Chiropractic or Alternative Therapies
- ✓ Medical Equipment
- ✓ Over-the-Counter Medication
- ✓ Insurance Premiums and Co-payments  
(Including premiums, deductibles and co-payments required by Medicare Parts A, B, and D and Medigap plans.)
- ✓ One- Time medical expenses not covered by Insurance.

- ✓\* Attendant Care ✓\* Housekeeper expenses

\*Medical Practitioners must be licensed in the State of Massachusetts.

\*Benefits could increase if you provide a majority of meals to your attendant or housekeeper.

**WHERE TO APPLY**

**SSI RECIPIENTS -**

**Bay State CAP and Food Stamps**  
Social Security Office  
260 Elm Street  
Somerville, MA 02144  
(617) 591-8031

**NON-SSI RECIPIENTS**

**Food Stamps**  
DTA-Davis Square  
1 Davis Square  
Somerville, MA 02144  
(617) 629-1400

**RESOURCES**

**Project Bread –food stamp calculator**  
[www.gettingfoodstamps.org](http://www.gettingfoodstamps.org)



# **CAMBRIDGE CITYWIDE SENIOR CENTER'S**

## ***FOOD PANTRY***

### **What is the Food Pantry?**

*Food Pantry* helps supplement monthly food budgets. It is located in the Cambridge City Wide Senior Center 806 Mass Ave, Cambridge, MA 02139.

We are the only handicap accessible food pantry in Cambridge.

### **What types of food / groceries do you offer?**

Items include but are not limited to fresh fruits, vegetables, canned and dry goods, and holiday items such as turkey and ham. Participants will receive 3 (three) bags of groceries each week.

### **What are the eligibility requirements?**

- \*You must be a Cambridge Resident.
- \*You must be over 55 years old.
- \*You must meet income guidelines:
  - \$17,705/ yr for household of one
  - \$23,736/ yr for household of two
- \*Applications are reviewed annually.

### **Can I qualify for Food Pantry if I don't qualify for Food Stamps?**

Yes. The guidelines for residency and income are very different. We only require that you be a resident of Cambridge. See the above income guide-lines.

### **Can I qualify for Food Pantry if I receive Food Stamps?**

Yes. Food Pantry and Food Stamps are separate programs.

### **Where / How can I get an application?**

Applications can be obtained during *Food Pantry* hours or from Lena Bell, Food Pantry Coordinator. Lena can be reached at the Cambridge Council On Aging 617-349-6060.



***COME SHOP WITH US***

### **What are your hours?**

*Food Pantry* hours are Tuesday and Thursday 12 p.m. to 2:00 p.m. Numbered tickets are given out beginning at 11:00 a.m.

Participants may come to *Food Pantry* once a week on either Tuesday or Thursday. There is no assigned day.

### **Do I need to bring anything with me when I come to pick up my groceries?**

A current photo ID with address is required.

### **What if I am unable to pick up my groceries?**

Emergency guidelines are in place if you are unable to pick up your food, and have someone willing to pick it up for you.  
Delivery service is not available.

Please contact the Somerville Cambridge Elder Services if you need assistance with grocery shopping (617) 628-2601.



### **Elders, Disabled, Caregivers Benefit from Major MassHealth Change**

As of March 1, 2006, MassHealth has expanded the guidelines for the Personal Care Attendant Program (PCA) to allow additional categories of close family members to serve as paid Personal Care Attendants.

Under the new guidelines, a PCA can be a partner, neighbor, friend, or someone else the consumer recruits. A PCA can also be a family member with the exceptions of spouse, legal guardian, surrogate, and parent of a minor, including adoptive and foster parents. This means that for the first time sons, daughters, in-laws and parents of adults, can now become paid PCA's. This is great news for families struggling to take care of a loved one at home.

The Personal Care Attendant Program (PCA) is administered locally by Somerville-Cambridge Elder Services (SCES) and allows the consumer to have control over the design and delivery of their own personal care services. SCES offers the program in the following communities: Acton, Arlington, Bedford, Belmont, Boston, Brookline, Burlington, Cambridge, Carlisle, Charlestown, Chelsea, Concord, Dorchester, Lexington, Needham, Newton, Revere, Roxbury, Somerville, Waltham, Watertown, Weston, Wilmington, Winchester, Winthrop, and Woburn.

With the help of SCES staff, the consumer or designated adult hires, trains, and supervises the PCA who can provide a range of personal care services, including: bathing, dressing, taking medication, eating, ambulating, transferring, toileting, exercising, and performing other medically necessary tasks. He or she may also be authorized to assist with housekeeping, laundry, shopping, and meal preparation.

To be eligible for the program the care recipient must be: 18 years of age or older; be a recipient of, or eligible for, MassHealth\*, CommonHealth, Mass Commission for the Blind, or Emergency Aid to the Elderly, Disabled and Children (\*MassHealth Income cap for 65 years and older is \$1,032/month instead of \$769); and require physical help with two or more "activities of daily living" because of a chronic or permanent disability. No special license or certification is needed to be a PCA. The PCA must be legally eligible for employment in Massachusetts and is paid \$10.84/hour.

To find out more about the PCA Program or make a referral, please call the SCES Aging Information Center at **617-628-2601 ext. 3151.**

#### **Veterans**

**Save the Date  
April 5, 2006 1-3 p.m.  
Information Seminar on Veterans'  
Benefits and Services**

**Summary of Programs and Services  
Provided by the Cambridge Council  
on Aging and Senior Centers.  
Also scheduled: Summary of local  
Benefits from Commonwealth of MA  
and City of Cambridge.**

# APRIL EVENTS AT OUR CENTERS

## THE CITYWIDE SENIOR CENTER

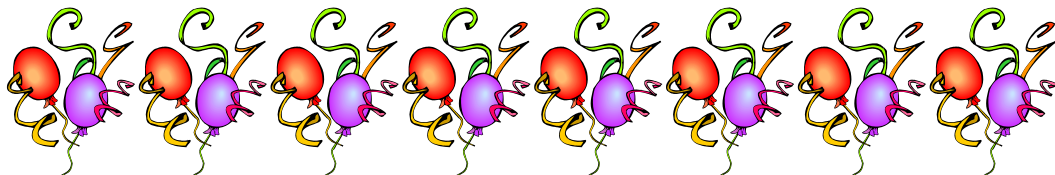
806 Mass Ave., Cambridge  
(617) 349.6060

## THE NORTH CAMBRIDGE SENIOR CENTER




2050 Mass Ave., Cambridge  
(617) 349.6320

[www.cambridgema.gov/DHSP2](http://www.cambridgema.gov/DHSP2)

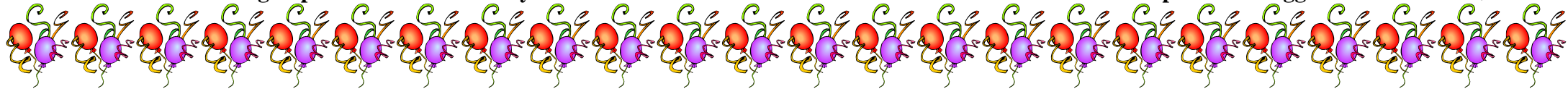
Wednesday April 5	Men's Breakfast: Presentation Fishing down Cape Cod 9-11 Veterans' Benefits & Service Seminar 1-3	Friday April 7	Pet Therapy Day With Brandy 9-4
Thursday April 6	Town Meeting 12-1 Birthday Party 1-2 Sr Advisory Cmt 1:30-3	Mondays April 3, 10, 24	<u>60 Minutes</u> -Discussion Group 10:30-11:30
Tuesday April 11	Health Fair 10-1	Tuesdays April 4, 11, 18 & 25	Social Services 10-2 Call 617.349.6320 for an appointment
Wednesdays April 12 & 26	Bowling 9-12	Monday April 3	Open Forum 12-1
Thursday April 13	Day Trip to MFA 9:45-1	Wednesday April 5	Men's Breakfast at Citywide Senior Center 9-11 Reservation Req.
Tuesday April 18	Lunchtime with Dr. Conant 12-1	Thursdays April 6 & 13	VITA Income Tax Assistance 2-5 Accepting Wait List Only
Thursday April 20	MBTA Registration & Exchange 1-4	Thursday April 20	Volunteer Appreciation Luncheon 12-2 Invitation Required
Friday April 21	Poetry Tea 1-2		
Thursday April 27	Volunteer Appreciation Luncheon-Invitation Required 12:30-2		
Thursday April 28	Cooking with Julie		
Fridays April 7, 14, & 28	Afternoon Tea 1-2		





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3.</b> Qi Gong 9-10 Cards, Board Games 9-11:30 Clay Sculpture 10-12 Senior Singers 10-11:30 <b>Ballroom Dancing 1-3</b> Classic Movie 1-3 Painting Beano 1:30-3	<b>4.</b> Chair Yoga 10-11 <b>Senior Safety 12:30-1:30</b> Latino Group 1-2 Movie 1:15-3:15	<b>5. Men’s Breakfast</b> <b>Book Discussion: Fishing on Cape Cod 9-11</b> Chinese/English Singers 9:30-11 Sobriety Support Gr 10-11 Tai Chi Level I –12-1 <b>Veterans’ Benefits &amp; Services 1-3</b> Crafts/Social Club 1-3 Tai Chi Level II- 1:15-2:15 Beano 1:30-3	<b>6.</b> Grandet An Aksion 9-2 Ceramics 9:30-12 Exercise Class 10-11 <b>Town Meeting 12-1</b> <b>Birthday Party 1-2</b>  <b>Senior Advisory Committee 1:30-3</b>	<b>7.</b> Qi Gong 9-10 <b>Longfellow House Tour 9-11:30</b> ESL Chinese 9-10:30 Awareness/Movement 9:30-10:30 Strength Building 10-11 Chinese Movie 10-12 <b>Afternoon Tea 1-2</b> Beano 1:30-3
<b>10.</b> Qi Gong 9-10 Cards, Board Games 9-11:30 Clay Sculpture 10-12 Senior Singers 10-11:30 <b>Ballroom Dancing 1-3</b> Classic Movie 1-3 Painting 1:30-3 Beano 1:30-3	<b>11.</b> Chair Yoga 10-11 <b>Health Fair 10-1</b> Latino Group 1-2 Movie 1:15-3:15 African American Seniors 1-2:30 <b>Blood Pressure Screening 1-2</b>	<b>12.</b> Bowling 9-12 Chinese/English Singers 9:45-11 Tai Chi Level I –12-1 Crafts/Social Club 1-3 Tai Chi Level II- 1:15-2:15 Beano 1:30-3	<b>13.</b> Grandet An Aksion 9-2 <b>Day Trip to MFA Boston 9:45-2</b> Ceramics 9:30-12 Exercise Class 10-11	<b>14.</b> Qi Gong 9-10 ESL Chinese 9-10:30 Strength Building 10-11 Chinese Movie 10:30-12 <b>Afternoon Tea 1-2</b> Beano 1:30-3
<b>17. Patriot’s Day</b> <b>Open for Breakfast and Lunch 8:30-1</b> 	<b>18.</b> ESL II 9:30-10:30 Chair Yoga 10-11 ESL-IV 10:30-12 <b>Dr. Conant-Lunchtime Chat 12-1</b> Latino Group 1-2 Movie 1:15-3:15	<b>19.</b> Chinese/English Singers 9:45-11 Sobriety Support Gr 10-11 Tai Chi Level I –12-1 Crafts/Social Club 1-3 Tai Chi Level II- 1:15-2:15 Beano 1:30-3	<b>20.</b> Grandet An Aksion 9-2 Ceramics 9:30-12 Exercise Class 10-11 <b>MBTA Registration &amp; Exchange 1-4</b>	<b>21.</b> Qi Gong 9-10 ESL Chinese 9-10:30 Awareness/Movement 9:30-10:30 Strength Building 10-11 Chinese Elder Meeting 11:15-12:15 <b>Poetry Tea 1-2</b> Beano 1:30-3
<b>24.</b> Qi Gong 9-10 Cards, Board Games 9-11:30 Clay Sculpture 10-12 Senior Singers 10-11:30 <b>Ballroom Dancing 1-3</b> <b>MSAC 1-2:30</b> Classic Movie 1-3 Painting 1:30-3 Beano 1:30-3	<b>25.</b> ESL-II 9:30-10:30 Chair Yoga 10-11 ESL-IV 10:30-12 Latino Group 1-2 African American Seniors 1-2:30 Movie 1:15-3:15 <b>Blood Pressure Screening 2:30-3</b>	<b>26.</b> Bowling 9-12 Chinese/English Singers 9:45-11 Tai Chi Level I –12-1 Crafts/Social Club 1-3 Tai Chi Level II- 1:15-2:15 Beano 1:30-3	<b>27.</b> Grandet An Aksion 9-2 Ceramics 9:30-12 Exercise Class 10-11 <b>Volunteer Luncheon 12:30-2:30 Invitation Only</b> 	<b>28.</b> Qi Gong 9-10 ESL Chinese 9-10:30 Awareness/Movement 9:30-10:30 Strength Building 10-11 Chinese Movie 10:30-12 <b>Cooking with Julie 1-2</b> Beano 1:30-3

To sign up for lunch call one day in advance 617. 349.6060. Lunch time is from 11:30 a.m.-12:45 p.m. The suggested donation is \$1.50







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Walking Club 10:20-12 <u>60 Minutes</u> -Discussion Group 10:30-11:30 Spanish Class 11-12 Lunch 11:30-12:30 Open Forum 12:00 Noon Bingo 1-3	4. Social Services 10-2 Lunch 11:30-12:30 Quilting 1-3 Crochet/Knitting 1-3	5. Stretch/Exercise 11-12 Lunch 11:30-12:30 WOW 12:30-2 Movie 2-3:30	6. Walnut St Group 10-1 Lunch 11:30-12:30 Senior Safety Group 1-2 VITA Tax Assistance 2-5 Yoga 3-4	7. <u>Pet Therapy</u> 9-4 Line Dancing 10:30-11:30 Lunch 11:30-12:30 Whist 1-4
10. Walking Club 10:20-12 Low Vision Group 10-12 <u>60 Minutes</u> -Discussion Group 10:30-11:30 Spanish Class 11-12 Lunch 11:30-12:30 Bingo 1-3	11. Lunch 11:30-12:30 Quilting 1-3 Crochet/Knitting 1-3	12. Stretch/Exercise 11-12 Lunch 11:30-12:30 WOW 12:30-2 Movie 2-3:30	13. Walnut St Group 10-1 Lunch 11:30-12:30 VITA Tax Assistance 2-5 Yoga 3-4	14. Line Dancing 10:30-11:30 Lunch 11:30-12:30 Whist 1-4
17.  Patriot's Day Center Closed	18. Social Services 10-2 Lunch 11:30-12:30 Quilting 1-3 Crochet/Knitting 1-3 Advisory Committee 3-4	19. Stretch/Exercise 11-12 Lunch 11:30-12:30 WOW 12:30-2 Movie 2-3:30	20. Walnut St Group 10-1 Lunch 11:30-12 Volunteer Appreciation Luncheon 12-2	21. Line Dancing Lunch 11:30-12:30 Whist 1-4
24. Walking Club 10:20-12 <u>60 Minutes</u> -Discussion Group 10:30-11:30 Spanish Class 11-12 Lunch 11:30-12:30 Bingo 1-3	25. Social Services 10-2 Lunch 11:30-12:30 Quilting 1-3 Crochet/Knitting 1-3	26. Stretch/Exercise 11-12 Lunch 11:30-12:30 WOW 12:30-2 Movie 2-3:30	27. Walnut St Group 10-1 Lunch 11:30-12:30 Yoga 3-4	28. Line Dancing 10:30-11:30 Lunch 11:30-12:30 Whist 1-4

To sign up for lunch, call one day in advance 617.349.6320. Lunch hour is from 11:30-12:30. The suggested donation is \$1.50



Our popular Computer classes begin each month. Register **NOW** for the Basics.  
Classes are \$12.00 for the series. It's fun, and easy when you know how.  
**April 2006 already!**



Register for Computer  
Classes at the  
Cambridge CityWide  
Senior Center.  
Call  
617-349-6060 X6198

Want to order books  
videos, etc. on  
AMAZON (an electronic  
commerce company)?  
[www.Amazon.com](http://www.Amazon.com)  
Bring some titles,  
your e-mail ID,  
and your credit card.

**COMPUTER BASICS** in four consecutive weeks, (each class is 1-½ hours) you will make the mouse your friend, type, insert a graphic, save, and print a letter, and make an envelope or labels. Classes are \$3.00/class or \$12.00 for the series.





**MORE COMPUTER BASICS** in four consecutive weeks, (each class is 1-½ hours) perfect your formatting skills. Are you doing a newsletter? A resume? This is the class for you.

**INTERNET BASICS** in four consecutive weeks, (each class is 1-½ hours) you will create an e-mail account, E-mail your friends, and surf the WORLDWIDE WEB. Classes are \$3.00/class or \$12.00 for the series. Computer Basics is highly recommended.

**GO DIGITAL** In four consecutive weeks, (each class is 1-½ hours) you will take pictures with the Department's Digital Camera, work with images, and send them as attachments in e-mails. Classes are \$3.00/class or \$12.00 for the series. A (free) Yahoo e-mail account is essential.

Our popular Computer classes begin each month. Register NOW for the Basics.  
Classes are \$12.00 for the series. It's fun, and easy when you know how.

April 2006 already!

April 2006	T3/28	W 3/29	TH 3/30	F 3/31	S 4/1
Our computers are available on Saturdays from 9:30-11:30	Computer Lab 1:00-3:00 Joe Galvin 	More Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Joy and Laughter Build the Immune System.  Fool around on Saturday!	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Lab 9:30-11:30  TBA
M 4/3	T 4/4	W 4/5	TH 4/6	F 4/7	4/8
Computer Lab 11:15-2:00 LeRoy Cragwell	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-3:00 Joe Galvin	More Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Practice your computer moves on our computers M, T, W, F, Sa	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Lab 9:30-11:30 Maurice Anderson
M 4/10	T 4/11	W 4/12	TH 4/13	F 4/14	S 4/15
Computer Lab 11:15-2:00 LeRoy Cragwell	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-3:00 Joe Galvin	More Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	A smile is an act of kindness 	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	
M 4/17	T 4/18	W 4/19	TH 4/20	F 4/21	S 4/22
  Center is closed for Patriot's Day	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-3:00 Joe Galvin	More Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Play Games with Mavis Beacon on Computer #2 and #3 any day but Thursday and Sunday.	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Lab 9:30-11:30 Maurice Anderson
M 4/24	T 4/25	W 4/26	TH 4/27	F 4/28	4/29
Computer Lab 11:15-2:00 LeRoy Cragwell	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-3:00 Joe Galvin	More Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	<a href="http://www.Amazon.com">www.Amazon.com</a> <a href="http://www.ebay.com">www.ebay.com</a> <a href="http://www.craigslist.com">www.craigslist.com</a>	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Lab 9:30-11:30  TBA

**THE CAMBRIDGE SENIOR CENTER PRESENTS**

**INFORMATION SEMINAR ON**

**VETERANS' BENEFITS & SERVICES**

**APRIL 5, 2006 – 1:00 PM**

**COUNCIL ON AGING AND SENIOR CENTERS**

- SUMMARY OF PROGRAMS AND SERVICES PROVIDED BY THE CAMBRIDGE COUNCIL ON AGING AND SENIOR CENTERS

**SESSION ONE: (1:15 – 1:30 PM)**

A SUMMARY OF VA BENEFITS  
(U.S. DEPARTMENT OF VETERAN AFFAIRS BENEFITS)

- DISABILITY BENEFITS (VETERANS ONLY)
- DEPENDENTS' AND SURVIVORS' BENEFITS
- HEALTH CARE, INCLUDING PRESCRIPTION DRUG COVERAGE
- BURIAL BENEFITS

**SESSION TWO: (1:30 – 2:15 PM)**

A SUMMARY OF LOCAL BENEFITS  
(COMMONWEALTH OF MASSACHUSETTS & CITY OF CAMBRIDGE)

- FINANCIAL ASSISTANCE
- MEDICAL ASSISTANCE
- PROPERTY TAX ABATEMENTS & EXEMPTIONS
- ANNUITIES FOR VETERANS AND SURVIVING SPOUSES
- BURIAL BENEFITS

**SESSION THREE: (2:15 – 3:00 PM)**

- QUESTIONS AND ANSWER PERIOD

The **City of Cambridge's Department of Veterans' Services (DVS)** serves as an advocate for all veterans and their dependents. The department advises clients as to the availability of services, benefits and entitlement. Don't miss this informative program. There have been many changes in benefits. Come and find out "**What's New.**"

**Limited transportation is available. Please contact Susan Pacheco at 617-349-6220.**

**PROGRAM AND STAFF****Executive Director, Eileen Ginnetty****CAMBRIDGE CITY COUNCIL**

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Betty Bingham  
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Lena Bell

**Food Pantry Assistanat**

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Donn Hockman  
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**Week-End Activities****Coordinator**

**Cambridge Council on Aging**  
**806 Massachusetts Avenue**  
**Cambridge, MA 02139**